

In the Specification:

Please replace the paragraph beginning on page 24, line 14, with the following amended paragraph:

By using a recording field MT shown in FIG. 3 in a range which satisfies a relationship $H_{c2} < H_{sw}^* < H_{c2} + H_{sw}^*$, it is possible to carry out the recording on the magnetic recording medium 10 while maintaining the magnetizations of the first and second magnetic layers 15 and 17 in the antiparallel state.